

# GREEN OMELETTA

## Ingredients:

1. 10 X Big Spinach leaves, 2 per person.
2. 8 x Organic Eggs
3. 1/2 tsp Himalayan rock salt
4. 1/4 Cup Spelt/Wheat grain
5. 1 Tbsp of Carotino palm fruit oil.

## Herbs

6. 5 x Fresh Basil leaves
7. 5 x Garlic cloves
8. 1/2 tsp fine Cayenne pepper
9. 2 Rosemary sticks, 5 cm each

## Preparation:

1. Mill the Spelt grain into fine flower with a stone mill.

Remember once a grain seed/berry has been rolled or milled, it is dead and then the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand. One can store grains for years under the ideal conditions and they will still be able to sprout.

2. Break the eggs into the blender bowl, and then add all the ingredients in the blender.
3. Blend until a fine consistency.
4. Oil a pan with Carotino oil.
5. Add the Omeletto liquid into a lukewarm pan.
6. Bake at very low temperature for  $\pm 15$  minutes, until the top start to settle.
7. Slice in quarters with a wooden egg lift.
8. Turn it over with the wooden egg lifter.
9. Again bake at very low temperature for  $\pm 2$  minutes.

Serves 4-5 people

Enjoy &



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